Exercise Guide

Toll Free 877-4 FIT GYM (877-434-8496)

1 Letter of Introduction

Congratulations!

In purchasing a FitnessBargains gym, you have made an important step towards becoming more physically fit. Whether you're a beginner or have been working out for years, this gym is the tool you need to get results. Regardless of your fitness goals, you have just acquired the one tool you need to make it happen.

- Lose Weight,
- Gain Muscle,
- Reshape Your Body,
- Strengthen Muscles,
- Increase Endurance,
- Cardio Vascular Health,
- Stretch & Elongate Your Muscles,
- Feel Better, Stronger, & Younger,

In as little as 20 minutes, three times a week you will be on your way to a healthier and happier you.

Boredom is a major reason that most individuals give up on a physical fitness program. With your new gym you will have more exercise options and more variety than virtually any other piece of equipment on the market today. You will be able to constantly change and vary your workout routines.

The result…

- You won't get bored.
- Your body will respond faster.
- You'll have more fun and get in better shape than you ever dreamed.

You now have the tools. The rest is up to you.

Here is to a healthier and happier life.

FitnessBargains, Inc.

Exercise Manual Updates

Thank you for your purchase. Below you will find some additions and / or changes to your Exercise Guide. Please read carefully before beginning your exercise program.

1. New Upgraded Leg Cuff Assembly.

Your VigorFit™ Gym includes a new upgraded leg cuff assembly. Easy instructions for assembling your new leg cuff assembly can be found in your User Manual.

At the request of instructors and customers we have upgraded the leg cuff assembly. The old assembly used to attach to the arm pulleys. While very effective, our instructors felt that this kept the leg ropes too close to the users body and face.

To resolve this situation, we have added a separate pulley exclusively for the leg cuff assembly. This new style leg cuff assembly works the same way as the old but the ropes have been lifted above your head and further away from your body for a more efficient workout.

All exercises illustrated in your Exercise Guide will be performed exactly as shown even though the assembly looks slightly different.

2. Be Sure to Remove All Accessories.

When not in use, we recommend that you remove accessories. For example, the Pull Up Bar should only be left in position on the gym when in use. When using the cables, you must remove the Pull Up Bar accessory to avoid rubbing.

3. Resistance Calculation.

Below find revised resistance calculations for the ten top incline levels on the VigorFit™. The below results are the average of three forces tested – Static Force, Motion Force & Peak Force. Resistance will vary throughout the range of motion so an average is provided. Static Force is the force needed to hold the load in place. Motion Force is the force at speeds of approximately 20 reps/minute. Peak Force is the force required to reverse the direction of the board at the beginning of each new cycle.

Incline Level	Average % w/ Pulleys
11	72.7%
10	66.2%
9	63.0%
8	58.8%
7	56.1%
6	53.8%
5	47.6%
4	45.4%
3	41.4%
2	41.8%

2 Safety Precautions

Please read carefully before proceeding.

This exercise equipment was designed and built for optimum safety. Certain precautions apply whenever you operate a piece of exercise equipment. Before you assemble or operate the equipment, please read this entire manual. Please note the following safety precautions.

1. Read the following instructions carefully before using the machine.
2. Consult your physician or health care provider before beginning this or any exercise program.
3. Always wear proper exercise apparel when using the machine.
4. If at any time you feel faint, light headed or dizzy while operating the machine immediately stop exercising. Stop exercising if you feel any pain or pressure.
5. Keep children and pets away from the machine while in use.
6. Only one person can use the machine at a time.
7. Make sure that the machine is properly assembled before you use it. Be sure that all screws, nuts and bolts are tightened prior to use.
8. Do not operate this exercise equipment if it is damaged.
9. Pay attention to your body. Come up slowly, dizziness after a session means you rose too fast. Wait a while after eating before using the machine. If you get nauseous, stop exercising.
10. Always use the machine on a clear, level surface. Do not use outdoors or near water.
11. Keep hands, feet and hair away from any moving parts. Do not insert any objects into openings.
12. Keep clothes, jewelry or any loose items away from moving parts.

WARNING

Before beginning any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using any fitness equipment.

We assume no responsability for personal injury or property damage sustained by or through the use of this product.

Do not operate this equipment without properly fitted guards, as the moving parts can present a risk of serious injury - especially to young children.

Caution: Read all instructions carefully before operating this product. Retain this owners manual for future reference.

3 Exercise Tips

Your new gym makes getting into the best shape of your life easy and fun. In as little as 20 minutes a day, 3 days a week you can be on your way to the level of physical fitness you always dreamed of.

Here are some guidelines and tips:

1. A typical workout should be two or three sets of eight to 20 repetitions for every major muscle group. A set is one group of repetitions.

2. Start off slow. Get used to the exercises and your routine. We recommend that beginners start with one major exercise for each muscle group. As you progress add additional exercises for each body part to fully work your muscles.

3. To increase the intensity of the workout, you can increase your repetitions, amount of resistance and number of exercises performed for each body part. Do not over do it. Overworking your muscles is counter productive and can lead to injury.

4. Rest is extremely important. Allow your muscles to fully recuperate before attempting to exercise again.

5. Varying your routine is the key to continually improving and making progress. You can vary the types of exercises performed, the number of repetitions, the resistance, the order in which exercises are performed etc. Your gym is ideal for this. There are many different exercises available, so you nor your muscles will ever get bored.

6. Typically performing from 8 - 10 repetitions of exercises is ideal for mass building. Performing 11 - 13 repetitions is ideal for general conditioning. Performing repetitions of 14 - 20 generally builds muscle endurance.

7. Because almost no changes have to be made between exercises, your gym is ideal for Circuit Training. Circuit training involves moving from one exercise to the next with little or no rest in between. As a result, you not only strengthen muscles but raise your heart rate for a cardiovascular workout as well.

8. Warm up before beginning your exercise program and cool down after exercising. This is important to prevent injury.

9. Stretch before and after exercising.

4 Resistance

The FitnessBargains Gym that you have purchased offers more resistance options than virtually any similar gym on the market today. This ensures that you will never outgrow your new gym.

The gym uses your body weight as the primary resistance. You can increase resistance by increasing the resistance level on the Resistance Upright, Adding from one to five Power Bands and by adding Free Weights.

Resistance Upright Level	Seat With Pulleys	Seat Without Pulleys
1	4%	10%
2	12%	21%
3	16%	25%
4	19%	31%
5	21%	38%
6	26%	45%
7	30%	51%
8	35%	56%
9	39%	61%
10	43%	68%
11	47%	72%

Power Bands

You have five Power Bands that can be added or removed according to your resistance needs. These Bands have been tested to provide upwards of 200lbs of Max Resistance. The amount of resistance provided by the bands will vary according to the angle of the board as well as the speed at which the user performs the exercise.

Free Weights

A Free Weight Bar has been supplied with your gym. This allows you to add up to 100 lbs of Free Weights to your gym.

The Above Chart and resistance information will act as a guide to determine what amount of resistance you are working with. Actual resistance will vary according to the speed at which the user performs the exercise.

5 Changing Resistance

1. Incline Level

As you increase the incline level from levels 1 to 11 you increase the amount of resistance you are working with.

Level one is generally reserved for Pilates or beginners. Most Pilates exercises can be performed at the higher incline levels as you become more advanced.

To change the resistance level, hold the Adjustment Beam (part # 6) by the handle provided. Carefully remove the Adjustment Lock Pin (part # 49). Raise and Lower the Adjustment Beam up or down the Resistance Upright. Carefully insert the Adjustment Lock Pin making sure the Adjustment Lock Pin goes all the way through both sides of the Resistance Upright and then turn the pin to the right to lock into position.

Holding Adjustment Beam

Adjustment Lock Pin Inserted and Turned to Locked Position

2. Power Bands

You can utilize from 0 to 5 Power Bands to increase the amount of resistance during your workout. These power bands have been lab tested to produce upwards of 200 lbs of resistance at the top level.

To remove or add Power Bands, carefully pull back the white strip on top of the Power Band Sub Assembly. Grasp the band, turn and pull out through the slot provided. Carefully push the white strip back in place.

To add Power Bands carefully pull back the white strip on top of the Power Band Sub Assembly. Grasp the band to be inserted. Push through the slot provided. Twist to lock in place. Carefully push the white strip back in place.

Power Band Assembly with all Power Bands

Power Band Being Inserted

3. Free Weights

You also have the ability to add standard size free weight plates to your gym. We do not recommend adding more than 100 lbs of free weights to the free weight bar.

You have been supplied with Quantity 4 Weight Bar Clips. Squeeze the clips to slide over the weight bar. One clip goes towards the pad to hold the Weight Bar in place. Slide on the free weights then slide a second clip to hold the weights in place.

Weight Bar Clip Being Inserted

Weight Bar with Free Weights Installed

6 Adjusting the Ropes

Unlike other gyms of this style, one size does not fit all. The ropes are quickly and easily adjustable.

To adjust the ropes, pull back the Cap for Handle (part # 23). This will expose the Adjustment Ring for Handle (part # 22). By pulling the ropes up through the Ring you can lengthen or shorten the ropes as desired.

Cap Removed Exposing the Adjustment Ring

7 Leg Cuff Assembly

Your gym was supplied with two leg cuffs and an extension rope. This assembly will allow you to perform a variety of leg exercises.

One leg cuff attaches directly to the gym ropes by the handle. The second cuff attaches to the extension rope. The extension rope with leg cuff is then attached to the rope by the handle on the other side of the gym. The extension rope is needed to allow the ropes to become long enough to efficiently perform leg exercises.

Push the handles to the side as shown to allow the clips from the cuff and extension rope to be properly attached to the gym ropes.

Leg Cuff Extension Rope with Extension Rope attached to Gym

Once the leg cuff assembly is attached to the gym carefully wrap the leg cuff around one leg. Make sure the cuff is fitted snugly to your ankle.

Leg Cuff being placed on ankle

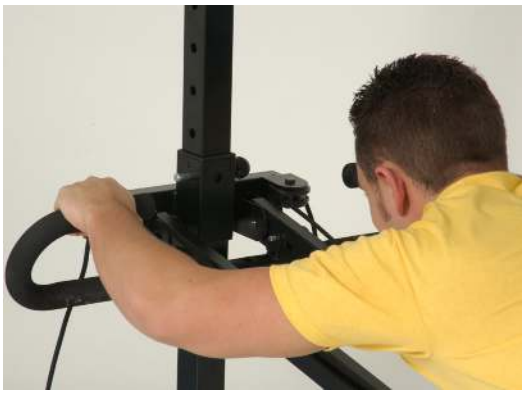
Sit on the pad and carefully attach the second leg cuff.
Legs can be worked one at a time or together.

Working One leg at a time

Working both legs at once

8 Pull Up / Sit Up Bar

The Pull Up Bar (Part # 8) is designed to be used for pull up type exercises as well as a foot holder to perform various other exercises.



Pull Up Bar

Pull Up Bar used as Foot Holder

9 Correct Body Positioning

Proper body position is essential to a quality workout.

1. Lying

Two different options for correct body positioning while lying down are shown below. Please note that while some smaller users may have their heads lying on the board this is not necessary nor advisable. When lying on the board, your shoulders should be located on the top of the pad.

Proper Position of Shoulders

Feet Position Option #1

Feet Position Option #2

Incorrect Positioning. Shoulders off Pad

2. Sitting

When performing exercises where you are sitting on the pad your buttocks should be towards the top of the pad near the resistance upright.

Proper Sitting Position

Incorrect Sitting Position

3. Leg Exercises

When using the foot board your body should be positioned so that your buttocks is located towards the bottom of the pad near the foot pad.

Correct Positioning for Foot Pad

Incorrect Positioning for Foot Pad

A. Aerobic

Rowing

Place feet under pull up / sit up bar. Hold handles palms down. Arms and legs outstretched. Curl legs while at the same time pulling handles towards upper back. Vary hand and elbow positions to work different muscles.

▶ Full Body

Position 1

Position 2

Push / Pull

Perform a leg press while at the same time doing and arm pull over. Legs become extended and arms come towards your waist at the same time.

▶ Full Body

Position 1

Position 2

B. Stretches

Quad Stretch

Lay face down on the pad. Reach behind and grasp the top of your foot. Pull your heel towards buttocks. Do not bounce. Hold all stretches at least 10 seconds before releasing. Stretch legs alternately or together.

Front of Upper Leg

Position 1

Position 2

Calf Stretch

Lay with back to pad. Place toes and balls of feet on the bottom edge of the squat board. Feet should be approximately 4” apart with toes pointing slightly outward. Extend on your toes all the way and hold the stretch.

Back of Lower Leg

Position 1

Position 2

Back Stretch

Extend arms. Hold on to top of upright. Hips should be aligned directly over your feet. Lower your upper body below your arms by bending at the knees. You should feel the stretch in your back. Hold and then release.

▶ Back

Hamstring Stretch

Hold handles. Sit at the bottom of the pad facing the upright. Keep your arms, legs & back straight. Slowly bend at the waist. Hold and then release.

▶ Back of Lower Leg and Lower Back

Position 1

Position 2

Triceps Stretch

Grab elbow over head as shown. Pull at the elbow. Pulling your hand towards the middle of your back. Hold. Repeat with other arm.

▶ Triceps

Stomach / Back Stretch

Lay with back on the ground. Keep shoulders touching the ground. Pull your knee towards the ground. Hold. Repeat with other leg.

Hips, Stomach, Buttocks

Upper Stretch

Arms extended back with palms flat on the ground. Extend back as shown.

Chest, Shoulders, Arms

Adductor Stretch

Bottoms of feet together. Lean forward at your waist while pushing down on your knees with your elbows.

Inner Portion of Upper Leg

Back Curl Stretch ▶

Back towards pad. Head towards foot of gym. Grab both legs behind your knees. Pull knees to your chest while lifting neck and shoulders off pad.

▶ Back

Position 1

Position 2

Back Extensions ▶

Hips and stomach on glide board. Feet on foot pad or toe bar. Raise your chest off the pad as shown, extending your back.

▶ Back

Position 1

Position 2

C. Legs

Dual Leg Press / Squat

Feet shoulder width apart on the middle of Foot Pad. Toes pointed slightly outward. Knees bent to full squat – 90 degrees as shown. Push legs upwards to full extension but do not lock knees.

Leg, Buttocks

Position 1

Position 2

Single Leg Press

Lay on your side with the leg to be worked on top. Place top leg on foot pad and bend 90 degrees as with dual leg press. Hold pad for additional support. Extend without locking knees. Repeat with other leg.

Leg, Buttocks

Position 1

Position 2

Glut Press

Perform the same as on the Dual Leg Press except your heels should be located at the top of the foot pad. When you extend, your legs and buttocks will be worked.

Leg, Buttocks

Position 1

Position 2

Single Leg Curl

One foot placed under the pull up bar. Leg should be fully extended. Pull leg to a curled position pulling the glide pad as high as possible.

Back of Upper Leg

Position 1

Position 2

Dual Leg Curl

Same as single leg curl except with both legs under the pull up bar. Curl both legs at the same time.

Back of Upper Leg

Position 1

Position 2

Single Leg Extension

Attach both leg cuffs. Lay on stomach as shown. One leg bent at the knee to a 90 degree angle. One leg kept extended straight on the pad. Push down the bent leg extending to pad.

Front of Upper Leg

Position 1

Position 2

Dual Leg Extension

Same as single leg extension except lower and raise both legs at the same time.

Front of Upper Leg

Position 1

Position 2

Single Hamstring Extension

Attach leg cuffs. Lay on back. One leg extended in upright position. Other leg flat on pad. Keep leg straight and pull down until fully extended.

Back of Upper Leg, Hips, Buttocks

Position 1

Position 2

Dual Hamstring Extension

Same as single hamstring extension except both legs will be worked at the same time.

Back of Upper Leg, Hips, Buttocks

Position 1

Position 2

Abductor Press

Lay on back. Feet on foot board a few inches apart with toes pointing inward. Knees bent 90 degrees. Push upwards until extended. Never lock your knees.

Outer Leg, Top of Leg

Position 1

Position 2

Abductor Push

Sit at the top of the glide pad facing upright. Place both feet on the ropes as shown. Keep back and arms straight as shown. Push feet outward and return.

Outer Leg

Position 1

Position 2

Adductor Press

Lay on back. Place feet on foot board as wide as the pad will allow. Toes should be pointed slightly outward. Knees bent at a 90 degree angle. Push until fully extended.

▶ Inner Leg, Top of Leg

Position 1

Position 2

Adductor Pull

Attach leg cuff assembly. Lay on your side. Top leg upright, fully extended. Pull down keeping leg straight. Return and then repeat.

▶ Inner Leg

Position 1

Position 2

Calf Raise

Place toes and balls of feet on the bottom of foot pad. Feet 2” apart. Toes pointed slightly outward. Extend up on toes to full extension.

▶ Calves

Position 1

Position 2

Extensions ▶ Hip, Thigh & Back

Face bottom of gym. Kneel at bottom of pad. With hands on push up bar, push the glide pad upwards using your legs and hips only. Keep arms and shoulders stationary throughout the exercise.

▶ Hips
Thighs
Lower Back

Position 1

Position 2

Lunges ▶

Place one foot on the floor by the bottom of the gym. The other foot should be carefully placed in the middle of the pad. Push the pad upwards keeping back leg straight. Allow leg on board to bend to a 90 degree angle and return. Keep in mind that the higher the incline the easier this exercise will be.

▶ Front Upper Leg, Back Upper Leg, Hips, Buttocks

Position 1

Position 2

D. Chest

Chest Bench Press

Sit at top of pad. Hold handles palms facing down and ropes under arms as shown. Hands positioned shoulder width besides your chest. Push arms straight out. Keep elbows out to your side.

Chest

Position 1

Position 2

Upper Chest Press

Same as the chest press, however, instead of pushing straight out push upwards at a 45 degree angle and return back to your chest. Keep elbows out to your side.

Upper Chest

Position 1

Position 2

Wide Grip Chest Press ▶

Same as Chest press except keep hands 2” to 4” to the side of your chest. Push straight out and return. Keep elbows out to your side.

▶ Chest

Position 1

Position 2

Single Arm Press ▶

Same as Chest Press, however, you push out one arm at a time. When one arm returns the other pushes out. Be sure to maintain proper elbow and arm positioning. Keep the pad from moving.

▶ Chest

Position 1

Position 2

Fly's ▶

Sit at the top of the pad. Grab handles with your arms slightly bent. Palms facing out. Push arms forward until they meet in the center of your chest and return.

▶ Chest

Position 1

Position 2

Standard Pullover

Lay with back on pad. Grab handles with palms facing upward as shown. Arms should be slightly bent at the elbow. Pull slightly bent arms to right above your waist and return.

Chest, Rib Cage

Position 1

Position 2

Bent Arm Pullover

Lay with back on pad. Grab handles with palms facing upward as shown. Arms should be slightly bent at the elbow. Pull arms towards waist bending at a 90 degree angle in the middle of the exercise. Pull handles to your waist.

Chest, Rib Cage

Position 1

Position 2

E. Back

Pull Ups

Grab pull up bar. Palms down. Pull your body all the way up until your head reaches your hands and return.

Back, Shoulders

Position 1

Position 2

Chin Ups

Grab Pull up bar. Palms up. Pull your body all the way up until your head reaches your hands and return.

Back Biceps

Position 1

Position 2

Seated Row

Sit on pad facing the upright. Hold handles. Palms in. Keep elbows in towards the side of your body. Pull handles towards your body keeping elbows down and towards your body.

Middle Back

Position 1

Position 2

Lat Pull Down

Lay with back on pad. Hold handles fully extended above your head. Palms out. Keep arms slightly bent. Pull out and down to your sides maintaining arm position and return.

Back Shoulders

Position 1

Position 2

Back Fly

Sit at the top of pad facing the upright. Hold handles at full extension in front of you and slightly down with palms facing inward. Pull handles out and back. Motion should be upwards to your shoulder. When handles reach shoulder level, return.

Middle Back

Position 1

Position 2

Upright Row ▶

Sit on pad facing upright. Hold handles, palms down. Arms fully extended. Keeping elbows pointing outward throughout the exercise, pull handles up to your chin and return to starting position.

▶ Upper Back

Position 1

Position 2

Back Pull ▶

Kneel at top of pad, facing upright. Bend forward at your waist holding handles palms down, shoulder width apart. Keeping arms slightly bent, pull straight back past the sides of your body. Straighten at your waist.

▶ Lower Back

Position 1

Position 2

F. Shoulders

Glide Board Front Shoulder Press ▶

Lay with stomach on pad. Head towards the bottom of the gym. Grab push up bar. Palms facing down. Push to full extension. Do not lock elbows.

▶ Shoulders

Position 1

Position 2

Overhead Front Shoulder Press ▶

Sit at the top of the pad facing the foot of the gym. Hold the handles palms up. With elbows pointing down and beside your shoulders push upward and slightly forward to full extension. Do not lock elbows.

▶ Shoulders

Position 1

Position 2

Glide Board Rear Shoulder Press ▶

Lay with back on pad. Head towards the bottom of the gym. Hold push up bar with palms facing upward. Push to full extension. Do not lock elbows.

▶ Shoulders

Position 1

Position 2

Overhead Rear Shoulder Press ▶

Sit at the top of the pad facing the foot of the gym. Hold the handles palms up. With elbows pointing down and beside your shoulders push upward and slightly back to full extension. Hands should be above and slightly behind your head. Do not lock elbows.

▶ Shoulders

Position 1

Position 2

Front Raises ▶

Sit at top of pad facing the upright. Grab handles palms down. Keeping arms slightly bent raise hands up to shoulder level.

▶ Shoulders

Position 1

Position 2

Side Raises ▶

Sit at top of pad facing the upright. Grab handles palms in. Pull handles out and up until you reach shoulder level. Keep arms straight with slightly bent elbows throughout the exercise.

▶ Shoulders

Position 1

Position 2

Arm Pull ▶

Sit at the top of the pad facing the foot of the gym. Hold handles behind your back with palms forward. Keeping arm position, pull arms forward until they reach shoulder level.

▶ Shoulders

Position 1

Position 2

Shoulder Rotation - Inner ▶

Sit at the top of the pad. Legs over the side as shown. Hold handle with the arm closest to the upright. Keep elbow tight to your side with your arm at a 90 degree angle. Keeping elbow and arm position pull handle to the front of your body. Other arm holds handle tight to your hip throughout the exercise.

▶ Shoulder Rotator Cuff, Inside

Position 1

Position 2

Shoulder Rotation - Outer ▶

Sit at the top of the pad. Legs over the side as shown. Hold handle with the arm farthest to the upright. Keep elbows tight to your side with arms at a 90 degree angle. Keeping elbow and arm position pull handle away from your body. Other arm holds handle tight to your hip throughout the exercise.

▶ Shoulder Rotator Cuff, Outside

Position 1

Position 2

G. Shoulders - Compound Movements - Multiple Muscles

Push Up

Push pad all the way back. Kneel on pad while getting into position. Grab push up bar. Palms down. Extend up on your toes with legs straight. Knees off the pad. Push upwards to full extension. Keep back straight throughout the exercise.

Shoulders, Back, Triceps

Position 1

Position 2

Push Up - Beginner

Same as above but instead maintain kneeling position. Back and knees should be kept at 90 degrees for proper positioning. Keep back straight. Push up to full extension and return.

Shoulders, Back, Triceps

Position 1

Position 2

Shrugs

Lay with back to pad. Head facing foot of the gym. Hold handles palms in with arms at full extension. Rotate and shrug shoulders. Hold and return.

Shoulder, Neck, Back

Position 1

Position 2

H. Arms

Bicep Curl

Sit at top of pad facing upright. Arms at full extension. Elbows kept in towards the side of your body. Pull handles up to your chest by bending at the elbow. It is important to maintain elbow position throughout the exercise.

Bicep

Position 1

Position 2

Alternating One Arm Curls

Same as bicep curl but pull one arm to chest at a time, alternating arms. Keep board from moving.

Bicep

Position 1

Position 2

Triceps Kick Backs ▶

Kneel on pad as shown. Grab handles. Palms down. Keeping elbows close to your sides and body bent forward extend arms back as shown. Keep elbow position throughout the exercise.

▶ Triceps

Position 1

Position 2

Triceps Press ▶

Lay with back to pad. Head towards the upright. Grab handles. Palms up. With elbows bent and pointing upward move handles from your forehead to full extension. Maintain elbows upward throughout the entire exercise.

▶ Triceps

Position 1

Position 2

Reverse Curl ▶

Sit at top of pad facing the upright. Grab handles palms down. Keeping elbows at your side pull the handles to your chest by bending your elbows.

▶ Forearm

Position 1

Position 2

Wrist Curl ▶

Sit on the pad as shown. With your forearms on your legs as shown hold the handles palms up. Curl wrists to full extension by bending at the wrists only.

▶ Forearm, Wrist

Position 1

Position 2

I. Arms - Compound Movement - Multiple Muscles

Dips

Lay with back to pad. Head towards the upright. Grab handles. Palms in. With elbows bent and kept close to your sides move the handles from your chest to full extension and back. Elbows should be pointed down throughout the exercise.

Chest, Triceps

Position 1

Position 2

J. Stomach

Sit Ups

Lock feet under pull up / sit up bar securely. Keeping hands on your chest and knees bent at a 90 degree angle sit up to bring lower portion of your back off the pad.

Abdominals - Stomach Muscles

Position 1

Position 2

Crunch

Lock feet under pull up / sit up bar securely. Keeping hands on your chest and knees bent at a 90 degree angle. Instead of bringing entire lower back off the pad, lift your head and shoulders squeezing the abdominals.

Abdominals - Stomach Muscles

Position 1

Position 2

Decline Crunch

Lay on back. Legs on foot pad. Knees slightly bent. Arms resting across your chest. Lift head and shoulders off the pad squeezing your abdominals.

Abdominals - Stomach Muscles

Position 1

Position 2

Advanced Decline Crunch

Lay with back on pad. Head facing towards the upright. Hold handles with palms in and elbows bent. Palms resting on your chest. Lift your head and shoulders using and squeezing your abdominal muscles.

Abdominals - Stomach Muscles

Position 1

Position 2

Reverse Crunch

Lay with back to pad. Buttocks to the bottom of the pad. Hold pad. Bring your knees towards your shoulders by bending at the waist. At the same time lift head and shoulders off the pad.

Abdominals - Stomach Muscles

Position 1

Position 2

Oblique Twist ▶

Sit on pad. Legs off the side. Keeping legs facing straight out the side, grab handle with both hands by twisting your trunk. Rotate at the waist only. Pull the handles rotating in the opposite direction. Hands should remain at waist level and arms should maintain position throughout the exercise.

▶ Oblique - Side of Stomach

Position 1

Position 2

K. Sports Exercises

Swim Crawl Stroke

Lay with stomach on pad. Head facing the upright. With arms at full extension, grab the handles palms down. Keeping elbows slightly bent, pull arms down towards your side until full extension.

- Chest, Back, Shoulders, Arms

Position 1

Position 2

Swim Butterfly Stroke

Lay with stomach on pad. Head facing the upright. With arms at full extension, grab the handles palms out towards the side. Keeping arms slightly bent pull to your side. Return by bringing arms slightly up above shoulder level and back. This should mimic the butterfly stroke.

- Chest, Back, Shoulders, Arms

Position 1

Position 2

Skiing

Lay on back with feet shoulder width apart. Rotate entire body and feet to one side keeping knees to a 90 degree angle. Push legs to almost full extension and up on your toes. Rotate to the opposite side and return to start. Repeat.

Complete Leg, Buttocks, Caves

Position 1

Position 2

Tennis Forehand

Sit on board. Legs to the side. Hold handle with arm closest to the upright. Arm starts at full extension. Pull handle across your body bending arm to a 90 degree angle. Hold other handle tight to your body throughout the exercise.

Chest, Shoulders, Oblique

Position 1

Position 2

Tennis Backhand ▶

Sit on board. Legs to the side. Hold handles with arm farthest from the upright. Pull handles out and up keeping arms slightly bent. To perform single arm, hold the rope with the arm closest to the upright by your side throughout the exercise.

▶ Chest, Shoulders, Oblique

Position 1

Position 2

Golf Swing ▶

Sit on board. Legs to the side. Grab the handle with both hands. Pull across your body mimicking a golf swing.

▶ Back, Shoulders, Oblique

Position 1

Position 2

Punch ▶

Sit on the pad facing the foot of the gym. Grab handles. Palms up. Elbows at 90 degrees. Hands start beside your waist. Extend one arm forward rotating your hand so that palm faces down until arm is at full extension. Return to original position and repeat with your other arm.

▶ Chest, Shoulders, Arms, Forearms

Position 1

Position 2

L. Pilates

Perform the following series of exercises in order with very little rest in between exercises. Start with only 5 repetitions per exercise and increase to 10 repetitions slowly as you progress. Start with only 2 or 3 bands at level 1 to start with and increase as you make progress. Concentrate on your form and breathing throughout the exercise. Inhale on the contraction portion of the exercise. Exhale on the return portion.

1. Footwork

Toes

Lay with back to pad. Toes a few inches apart on toe bar. Heels together. Legs at a 90 degree angle. Extend your legs and bring your knees together. Return to original position.

Position 1

Position 2

Arches

Lay with back to pad. Arches resting on toe bar with toes curled around the bar. Keep legs and feet close together. Extend your legs and then return. Be sure to keep your knees facing upward throughout the exercise.

Position 1

Position 2

Pulses - Arches

Same position as Arches except you never go to full extension. Push out only halfway.

Position 1

Position 2

Heels

Heels on toe bar. Toes pointing up. Keep knees close together throughout the exercise. Press to full extension without locking your knees.

Position 1

Position 2

Pulses - Heels

Same as heels except instead of pushing to full extension push out only half way.

Position 1

Position 2

Tendon Stretch ▶

Place legs extended place the balls of your feet on toe bar. Push out with your toes to full extension. Maintaining this position now lower your heels to stretch your calves.

Position 1

Position 2

Wide Stretch ▶

With heels on the outside ends of the toe bar. Knees facing out and in line with your feet. Extend your legs.

Position 1

Position 2

2. The Hundred

These movements strengthen your core – your torso by requiring your back muscles to work synergistically with your abdominal muscles. Concentrate on breathing and holding your abdominal and back muscles tight while performing all of the following exercises.

Arms

Lay on back. Get into chair position as shown. Knees bent to a 90 degree angle. Start with hands straight above your head. Palms towards the foot of the gym. Keeping your arms straight, lower them to a few inches off the pad.

Position 1

Position 2

Arms with Head Lift

Same as arms but as you lower your arms lift your head off the pad.

Position 1

Position 2

Arms, Head and Legs

Same as arms with head lift but this time as you lower your arms and lift your head straighten your legs pointing your toes to a 45 degree angle. Return to original position and repeat.

Position 1

Position 2

The Complete Hundred

Putting it all together. Same as the previous exercise but once at full extension you pump your arms at your sides a few inches off the pad. Keep your stomach and midsection tight. Pump 5 – 6 times. Return

Position 1

Position 2

3. Legs

Leg Pulls

Lay on back as shown. Start with legs at a 90 degree angle. Toes pointing up. Lower legs to a 45 degree angle. Keep toes pointed. Keep hips stationary. Use your legs and abs only.

Position 1

Position 2

Circles

Lay on back as shown. Legs together. Extended pointing up at an angle. Move legs in circles. Keep toes pointed. Perform 5 circles in one direction and then reverse.

Position 1

Position 2

4. Arms

Circles

Lay in chair position. Hold handles with arms fully extended above your body. Palm out. Draw circles with your arms by moving out, down and up. Perform 5 circles in one direction and then reverse.

Position 1

Position 2

Beats

Lay in the chair position. Hold handles fully extended above your body. Lower arms to pad. Return to starting position. Repeat.

Position 1

Position 2

Salute ▶

Sit on pad as shown. Legs crossed. Hold handles at your forehead. Palms facing out. Elbows bent. Extend arms up and out at an angle as shown. You are performing a double salute. Be sure to keep your body stationary and just move arms.

Position 1

Position 2

Hug ▶

Sit on pad as shown. Legs crossed. Hold handles. Arms to your sides. Shoulder level. Palms forward. Push your arms forward so that your palms meet in the middle. Act as if you are hugging a tree. Be sure to keep your body stationary and just move arms.

Position 1

Position 2

5. Roll Up

Strengthen your abdominal area. Concentrate on lifting and activating your stomach muscles while performing each exercise.

Back Curved

Sit on pad very close to the toe bar. Toes pointing out and heels touching. Lower your head and round your back while holding the pad as shown. Extend your legs while tightening and lifting your stomach muscles.

Position 1

Position 2

Back Curved, Heel Lowers

Sit on pad close to the toe bar as shown. Lower your head and round your back while holding the pad as shown. Lower and lift your heels as shown. When extending your toes be sure to tighten and lift your stomach muscles.

Position 1

Position 2

Arms Back ▶

Sit close to the toe bar as shown. Heels together. Toes pointing outward. With upper body pressing across thighs hold the pad behind you as shown. Extend your legs. Tighten and lift your stomach muscles. Keep shoulders loose throughout the exercise.

Position 1

Position 2

Arms Back, Heel Lowers ▶

Sit on pad as shown. Heels together. Toes pointing outward. Hold the pad behind you as shown. Lower and lift your heels as shown. When extending your toes be sure to tighten and lift your stomach muscles.

Position 1

Position 2

Reach Up

Sit on pad. Close to Toe Bar. Heels together. Toes pointing outward. Knees bent. Arms extended upwards and to the front of you. Fingers straight. Extend legs. Keep upper body still. Tighten and lift your stomach muscles.

Position 1

Position 2

6. Area Specific Pilates Moves

Elephant

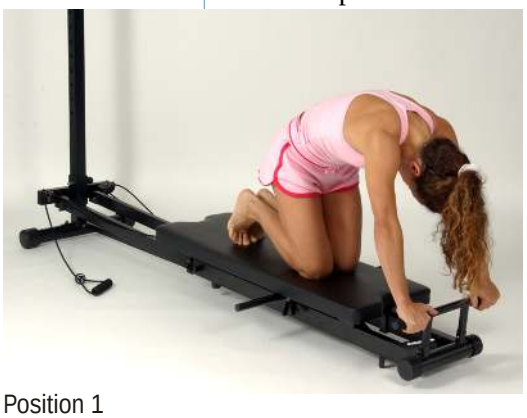
Stand on pad. Legs straight and at a 90 degree angle to pad as shown while holding the toe bar. Use your lower body only to push the pad away and bring it back towards you. Feet should remain flat on the pad. At the beginning you may have to move up to your toes. The goal is to perform this exercise while keeping your feet flat to the pad.

Position 1

Position 2

Knee Stretches - Position 1 ▶

Kneel on pad close to toe bar as shown. Hold on to toe bar. Round your back and sit back towards your feet. Tuck hips under shoulders. Using only the muscles in your lower body push the pad out and then pull back. Keep upper body still and in a rounded position as shown.



Position 1

Position 2

Knee Stretches - Position 2 ▶

Kneel on pad close to toe bar as shown. Hold on to toe bar. Head up. Back arched. Keeping your upper body in the arched position, use your lower body to push the pad out and pull back.

Position 1

Position 2

Down Stretch ▶

Kneel on pad. Hold toe bar. Head up. Back straight as shown. Keep back and hips straight throughout the exercise. Use your upper body only to push pad away and return.

Position 1

Position 2

Roll Back

Sit on pad. Feet at top towards upright as shown. Knees bent. Back straight. Arms extended. Hold handles palms down. Keep back straight and head looking forward. Roll back to a 45 degree angle above pad. Maintain body position and use your stomach muscles only.

Position 1

Position 2

Bicep Curl

Sit on pad. Feet at top towards upright as shown. Knees bent. Back straight. Hold handles palms up. Roll back to a 45 degree angle as in the previous exercise. Keeping your elbows tight to your side, curl arms upward. Return to starting position. Repeat.

Position 1

Position 2

Chest Expansion

Sit on pad. Legs crossed. Face the upright. Keep back and arms straight. Arms by your side and slightly forward. Palms facing rear. Pull arms back opening up your chest area.

Position 1

Position 2

Side Stretch ▶

Kneel on pad with your side towards the toe bar. Hold the toe bar with the closest arm. Pad close to toe bar. Stretch out the opposite arm as shown. Bend at the hips pushing out on pad while reaching the arm opposite the toe bar over your head for a full stretch. Complete 5 repetitions. Reverse body and repeat exercise on the other side.

Position 1

Position 2

Wide Position with Pelvic Lift ▶

Lay with back on pad. Heels at the ends of the toe bar. Toes pointing out. Lift your buttocks off of the pad approximately 4”. Keep your stomach and buttocks muscles tight. Maintain this position while extending your legs and returning.

Position 1

Position 2

7. Cool Down

Running

Lay with back to pad. Toes should be together on the toe bar. Lower the right heel and bend your left knee. Be sure to keep your feet in line with your knee throughout the exercise. Repeat with the left heel to mimic a running motion.

Position 1

Position 2

Position 3